



Bottle Feeding Your Baby, Birth to Six Months

- ✓ Young babies have tiny tummies. They drink small amounts of formula and eat often. **Overfeeding is the most common cause of spitting up.**
- ✓ Check the holes in your bottle nipples. If you hold the bottle upside down, the formula should drip out slowly, not pour out. **You should see about a drop every two or three seconds.**
- ✓ Try not to get into the habit of offering a bottle every time your baby fusses. **Small babies are built to be held, snuggled, and rocked.** Your baby might be content with a pacifier instead of more formula.

0-1 month-old may drink 1-2 ounces every 2-3 hours, about 15 ounces per day
1-2 month-old may drink 2-3 ounces every 2-3 hours, about 24 ounces per day
2-3 month-old may drink 4-5 ounces every 3-4 hours, about 29 ounces per day
3-4 month-old may drink 5-6 ounces every 3-4 hours, about 31 ounces per day
4-5 month-old may drink 5-7 ounces every 4-5 hours, about 32 ounces per day
5-6 month-old may drink 6-8 ounces every 5-6 hours, about 35 ounces per day

***** The WIC Program provides about 30 ounces of formula per day for your baby. This means that most families will purchase about two cans of powdered formula per month between the second and eighth months of their baby's life. Use food stamps for generic formula. You can also get coupons on the formula companies' websites.**

- ✓ Bottles are for formula only. Avoid juice and cereal. Cereal will not help your baby sleep through the night but may add to her risk of allergies, overweight, and infection.
- ✓ Hold your baby close when feeding her. Give her lots of love and attention. Never prop the bottle or lay the baby down with a bottle. This can cause choking and ear infections.
- ✓ Avoid low-iron formula for constipation. Lots of formula-fed babies poop only every few days. If your baby is unable to poop, talk to your doctor about using small amounts of water, prune juice, or karo.
- ✓ Sanitize new bottles and nipples in boiling water. After that first sanitization, wash bottles and nipples either by hand using hot soapy water or in the dishwasher.
- ✓ Never use a microwave to warm formula, as it might create hot spots that cause severe mouth burns!
- ✓ Save money by boiling tap water for 1 minute instead of buying bottled water. Boil water, mix in formula, and cool to body temperature before serving.
- ✓ Treat formula like other spoilable foods. If you leave it at room temperature for more than one hour, it can make your baby sick. Refrigerated formula is safe for 24 hours.
- ✓ Well water should be tested once a year. Ask WIC for testing info.

Have fun feeding your new little family member!